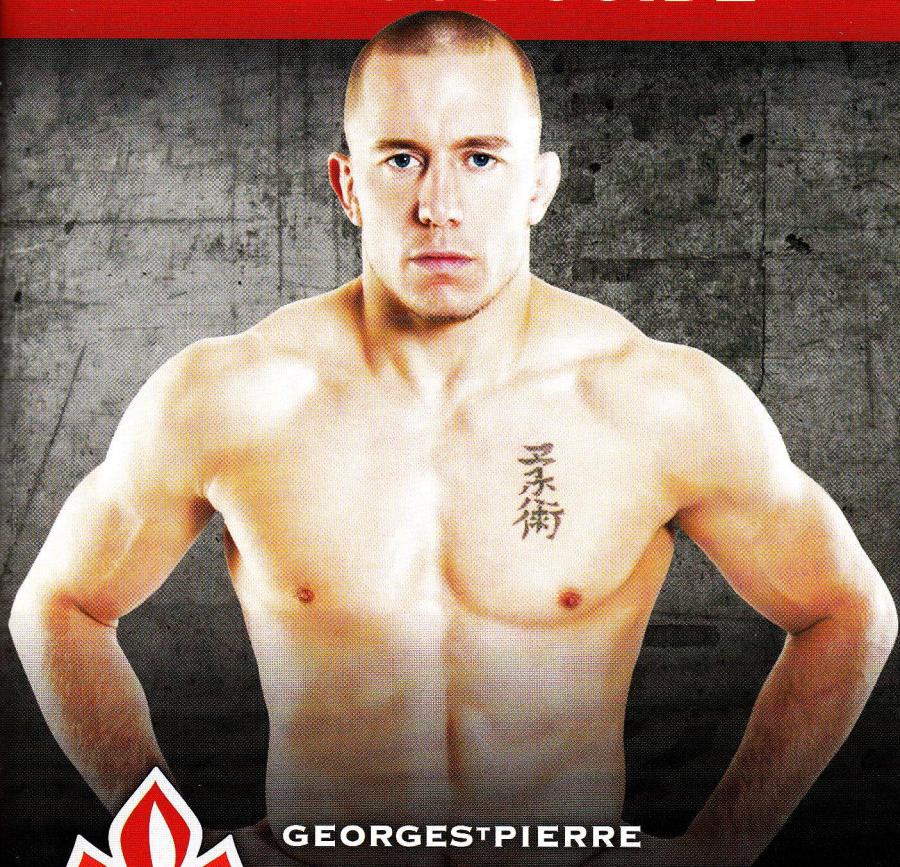


WORKOUT GUIDE



GEORGE ST PIERRE

RUSHFIT

BUILD MUSCLE, CUT WEIGHT & GET IN SHAPE.

www.gsprushfit.com





GEORGES^TPIERRE

RUSHFIT

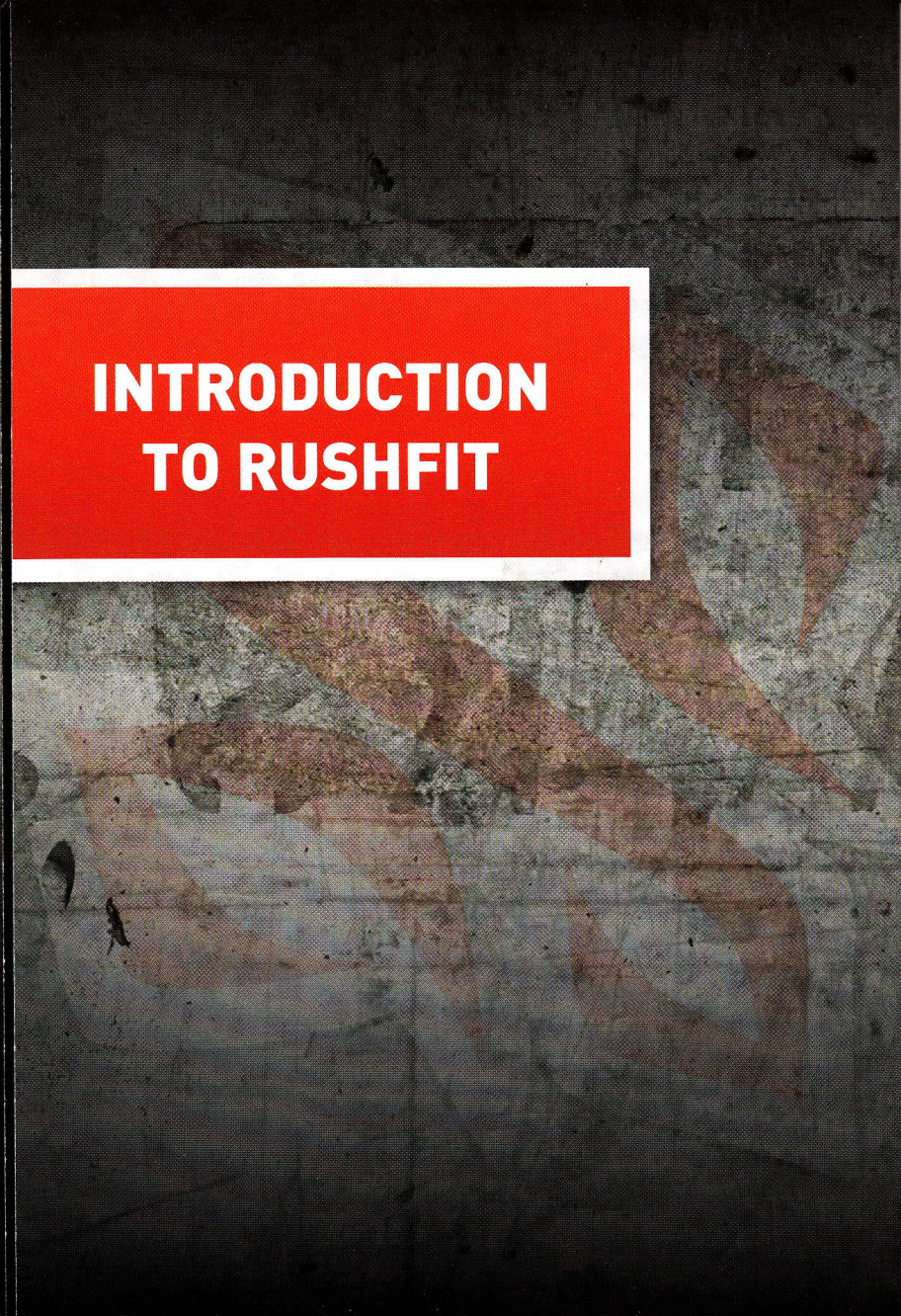
WORKOUT GUIDE

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The background of the entire page is a dark, heavily textured surface, possibly a wall or a piece of old paper, with various shades of grey, brown, and black. A prominent red rectangular box is positioned in the upper left quadrant, containing the title text in white. The text is bold and sans-serif, arranged in two lines.

INTRODUCTION TO RUSHFIT



WHAT IS RUSHFIT?

GSP RUSHFIT is the ultimate home fitness program. If you're looking to get in the best shape of your life, or you're a serious MMA contender looking for the edge, then you need RUSHFIT. This full body, comprehensive 8 week training camp will maximize your performance, give you the power to crush your goals and elevate beyond the competition.

The secret to Georges St-Pierre's MMA fight training is maximizing the efficiency of his workouts. These workouts include five high intensity conditioning circuits to maximize your peak performance. Whether it's your stand up game or on the ground, you'll build pure stamina to reach your total physical potential. Gain ultimate conditioning and build the best pound-for-pound body of your life.

Designed by Georges St-Pierre and his trainer, Erik Owings, RUSHFIT isn't your average fitness product endorsed by a celebrity.

No matter what your fitness level, RUSHFIT will help you perform, feel and look better than ever. Everything you need to build muscle, lose weight and get in shape is included in this complete 8 week workout program.

Please take the time to read this entire book before you get started to get the most from the program. Always consult your physician before beginning any exercise program.



GEORGES ST-PIERRE

RUSHFIT

A LETTER FROM GEORGES ST-PIERRE

Everywhere I go people want to know how I got in such amazing shape. I believe my success starts with a commitment to be the best. I constantly challenge myself and I bring this approach to my conditioning. I work very hard but it takes more than just physical training. I train with some of the best coaches in the world; coaches that push me and help me achieve my best. Not everyone can train like that. This is why I created RUSHFIT.

With the help one of my trainers, Erik Owings, we have brought you the first step in my Pyramid (see next page) – conditioning. I can help you achieve more than just your fitness goals. RUSHFIT is a high intensity fitness program that anyone can use. It will test physical strength, transform your body and give you the mental edge you need to be the best. If you want to have the confidence of a champion, you have to train like one.

I have committed to being the very best person I can be – in the cage and out. If you want to be the best – define your goal and go after it.

You need to be disciplined and stay committed, especially when it gets challenging – and it will be. There have been many challenges for me – but I stay committed. If you use this program you can achieve your fitness goals. When you finish RUSHFIT, you'll have the confidence of a champion, knowing that you trained with the very best and have prepared yourself to be the very best you can.

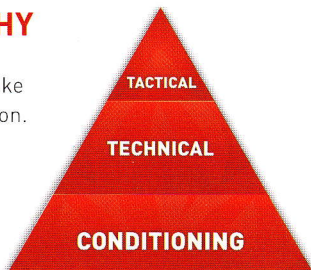
If you want to be a champion, you need to train like one.
Georges St-Pierre

GSP'S TRAINING PHILOSOPHY

Georges' training philosophy is designed like a pyramid and begins with a solid foundation.

CONDITIONING

This is the important level - like the foundation of a house, if your foundation is weak then it will fail but if it is strong you can build on it. Georges' training begins with the solid foundation of his own physical fitness; a level that everyone should achieve - everyone should be in great shape.



TECHNICAL

This is the next level. For athletes or mixed martial artists this is where training emphasis is elevated from conditioning to working on your skill sets and this is where the training for specific disciplines is applied - like boxing; can you throw a proper jab, cross, left hook, elbow or knee. This training is sport specific and the focus is on your technical improvement. You cannot even attempt to reach this level without a strong base level of fitness and conditioning.

TACTICAL

This is what Georges does for a living. As a professional mixed martial artist, Georges designs strategies that he uses to beat each opponent but, his strategies and focus change with each new challenger. Even a world-class athlete like GSP is continually finding ways to improve his training.

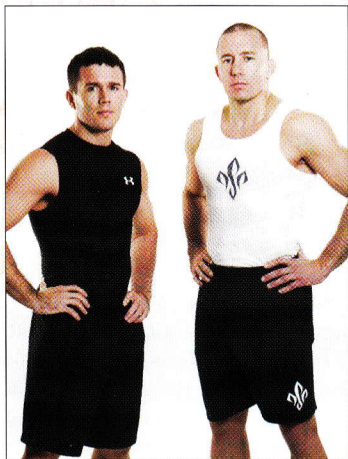
No matter what your fitness level you can use the RUSHFIT program to improve your foundation. When you are fit you will look, feel and perform better than ever. RUSHFIT has everything you need to build muscle, lose weight and get in the best shape of your life.



GEORGES ST-PIERRE

RUSHFIT

ABOUT THE TRAINER - ERIK OWINGS



Erik started his martial arts career early as child and was pulled back into it full force with the emergence of the UFC and began serious training at the age of 19. He spent almost two years training with Carlson Gracie Jr, living and training in Brazil at the famous Gracie Barra Academy. He achieved the rank of black belt in Brazilian Jiu Jitsu in 2006 from Renzo Gracie and John Danaher. Erik has also trained at the Fairtex Muai Thai training camp to work on his fighting skills.

Erik and Georges have been training together and sparring since Georges began preparing for his fight at with BJ Penn. George asked Erik if he would share his wealth of training experience with others and together they collaborated to create GSP RUSHFIT, a complete MMA-style conditioning program.

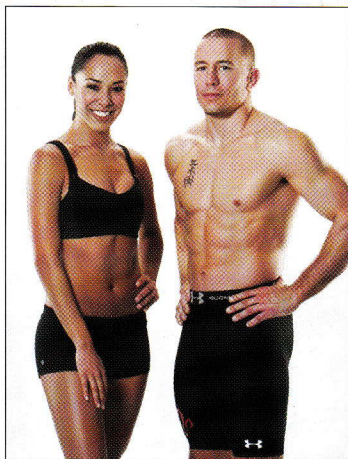
Erik himself has competed in 5 professional mixed martial arts fights in the International Fight League. Erik continues to focus on improving his skills and has recently established his own MMA gym – Mushin in NYC – where he continues to teach and train today.

8 WEEK TRAINING CAMP OVERVIEW

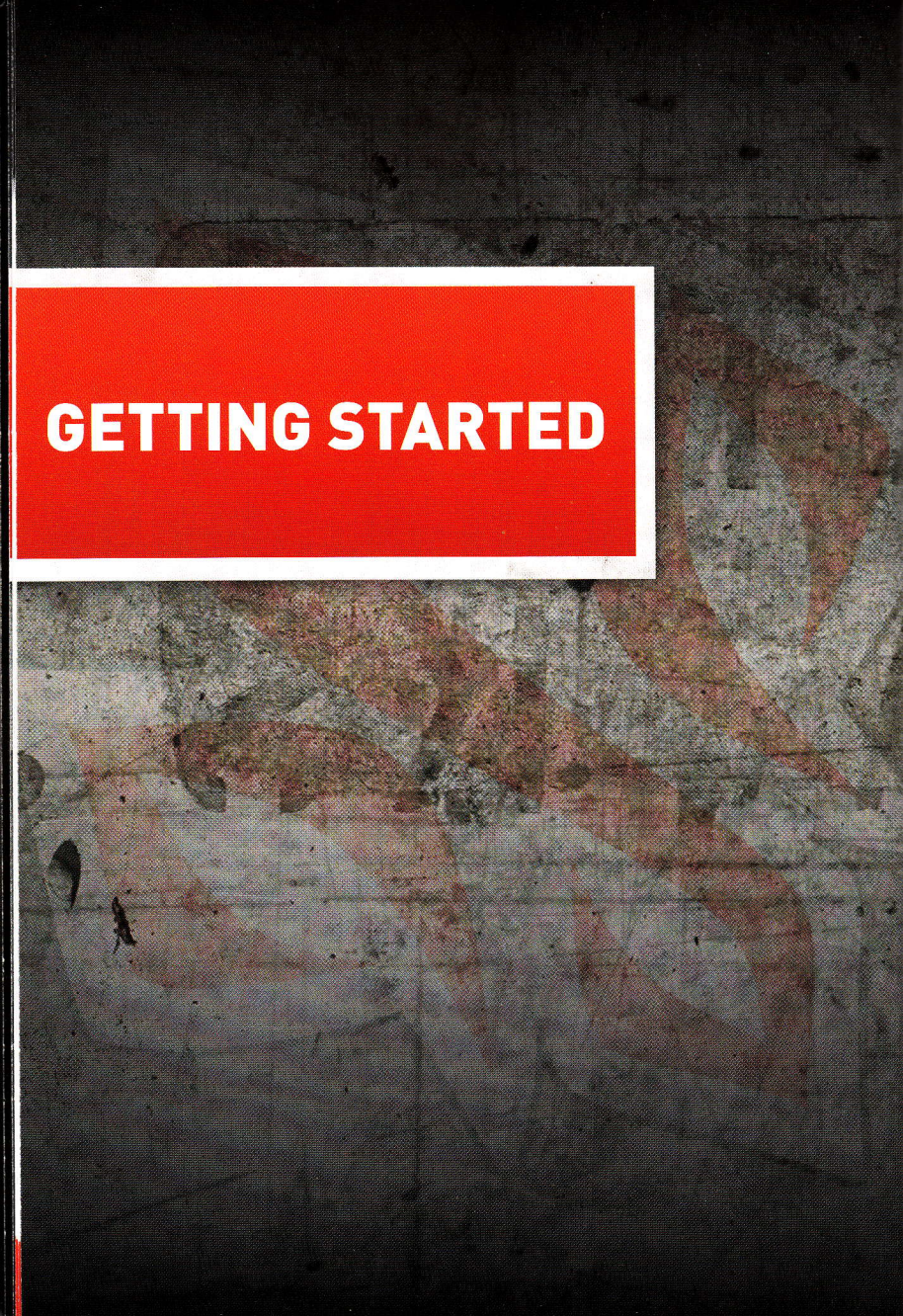
This 8 week, complete strength and conditioning program will transform your body, health, and fitness in two months. Starting with basic strength and conditioning, each workout progressively raises intensity and includes specific training for plyometrics, core strength, and everything else required to achieve your physical prime in less time.

Your results will yield the fundamental conditioning layer of your personal philosophy, regardless of sport, ability, age, or experience. The body you earn is yours to keep.

The workout calendar and DVDs are as easy to follow as it gets. Plan your training around your schedule, raise your intensity to increase your performance, and follow the nutrition guide for maximum effect. This is the total package of information, guidance, and support needed to achieve your goals.



WHAT ARE YOU WAITING FOR?



GETTING STARTED

PERSONAL INFORMATION WORKSHEET

The 8 week RUSHFIT program generates dramatic, visible results. You need a starting point for comparison, so enter your BEFORE information below.

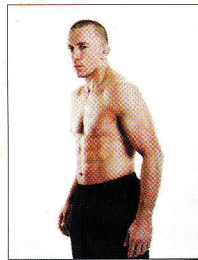
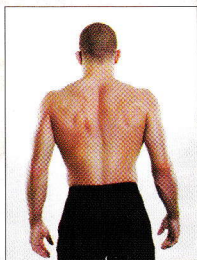
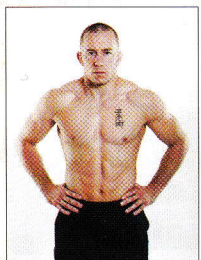
BEFORE RUSHFIT			AFTER RUSHFIT		
MUST HAVE INFORMATION					
Weight:			Weight:		
<i>Always weigh yourself at the same time of day and on the same scale for the most accurate results.</i>					
Height:		Age:	Gender:		
MUST HAVE INFORMATION					
<i>Your body measurements and risk of disease will decrease as you lose the dangerous fat that lies directly under the skin</i>					
Chest:	Waist:	Hips:	Chest:	Waist:	Hips:
Thigh (R):	Thigh (L):		Thigh (R):	Thigh (L):	
Bicep (R):	Bicep (L):		Bicep (R):	Bicep (L):	
Heart Rate Training Zone: <i>Calculate on page 15</i>			Heart Rate Training Zone: <i>Calculate on page 15</i>		
BMR: <i>Calculate on page 4 of the Nutrition Guide</i>			BMR: <i>Calculate on page 4 of the Nutrition Guide</i>		
ASK YOUR PHYSICIAN FOR THE FOLLOWING					
Cholesterol:	ldl	hdl	Cholesterol:	ldl	hdl
Blood Pressure:	/		Blood Pressure:	/	
Resting Heart Rate:			Resting Heart Rate:		



GEORGES ST-PIERRE

RUSHFIT

WHAT MOTIVATES YOU?



It is important to determine what motivates yourself and what will keep you on track as you progress through the 8 week RUSHFIT program. We highly recommend incorporating one or more of the following powerful and proven-effective motivators.

Take before photos. Take pictures of you from the front, back and side and put them somewhere they will be seen every day, like on your bathroom mirror or refrigerator door. At the end of the program, take new versions of the same photos of yourself in the same clothing – the difference between them will be astounding!

Set goals that are realistic and achievable within the 8 week program. Post your list of goals where you can see them so they are top of mind every day. Enlist support from your family, friends and co-workers. Do not keep your goals a secret - share them with others who will support your efforts and hold you accountable.

Email your results to results@gsprushfit.com

YOUR BEFORE PICTURES

BEFORE PICTURE
(FRONT)

BEFORE PICTURE
(BACK)

BEFORE PICTURE
(SIDE)

YOUR AFTER PICTURES

AFTER PICTURE
(FRONT)

AFTER PICTURE
(BACK)

AFTER PICTURE
(SIDE)

Send us your before and after photos, assessment videos and a summary of your 8 week RUSHFIT results to: results@gsprushfit.com



GEORGES' PIERRE

RUSHFIT

RUSHFIT ASSESSMENT

Some people run fast. Some lift extreme weight. But how many ever realize the full potential of their total physical fitness combined?

Take the assessment now and you will:

- identify your weaknesses and strengths
- benchmark your current level of fitness
- find the missing link to unlock your total body potential

Watch Georges do the assessment here:

www.gsprushfit.com/george-st-pierre-rushfit-assessment

Record your results on the following page before you shore up your weaknesses, renew your strengths, and complete the missing link in your total body performance. The results will allow you to set specific goals and target anything else you want.

WE KNOW IT WORKS. DISCOVER THE TRUTH AND GET IT WORKING FOR YOU.

ASSESSMENT

Perform each exercise for 1 minute with a 20 second rest in between.

EXERCISE	Georges St-Pierre's SCORE	MY SCORE (BEFORE RUSHFIT)	MY SCORE (AFTER RUSHFIT)
AIR SQUATS	75		
PUSH UPS	57		
SIT UPS	55		
BURPEES	22		

After you finish the assessment, you are ready to begin the training program and follow the ultimate RUSHFIT competitor, Georges St-Pierre, and redefine your intensity.

Anyone can work can hard. Champions like GSP know the secret is to train smarter, not harder, especially when EVERY FIGHT IS THE FIGHT OF YOUR LIFE.



GEORGES ST-PIERRE

RUSHFIT

TRAINING SCHEDULE

Logging your workouts (sets and repetitions) will make it easier to track your performance. Plan your training around the rest of your schedule to know exactly how far you've come, when you have upcoming workouts and when to take days off.

The following programs are divided into three categories. Use these guidelines to determine the appropriate program for you. Select the program from the following pages, put the DVD in your player, begin to redefine intensity and change your life with the RUSHFIT Challenge!

CHOOSE YOUR TRAINING LEVEL

BEGINNER TRAINING CALENDAR	INTERMEDIATE TRAINING CALENDAR	ADVANCED TRAINING CALENDAR
Exercise 4-6x/week		

NOTE ABOUT PROGRESSIONS

It is important to learn the foundation movements provided on the DVDs. Erik Owings and Georges St-Pierre provide important instructional information for the techniques used in the workouts.

Remember that it is important for you to LISTEN TO YOUR BODY. You should never do anything that is painful or could cause injury. Consult your physician before beginning any exercise program.

HEART RATE TRAINING ZONE

In order to get the maximum fat-burning and health benefits from your workout you need to be in the right heart rate zone. You should always be working within **60%** and **80%** of your maximum heart rate.

To get the most out of your workout, see the chart below to determine your heart rate training zone. (Wearing a heart rate monitor while you are exercising is the easiest way to see if you are within your heart rate training zone. If you do not have one, please use the following chart.)

Age (years)	Max Predicted Heart Rate	Predicted Heart Rate at different work intensities							
	(220 - age)	55%	60%	65%	70%	75%	80%	85%	90%
15	205	113	123	133	144	154	164	174	185
16	204	112	122	133	143	153	163	173	184
17	203	112	122	132	142	152	162	173	183
18	202	111	121	131	141	152	162	172	182
19	201	111	121	131	141	151	161	171	181
20	200	110	120	130	140	150	160	170	180
21	199	109	119	129	139	149	159	169	179
22	198	109	119	129	139	149	158	168	178
23	197	108	118	128	138	148	158	167	177
24	196	108	118	127	137	147	157	167	176
25	195	107	117	127	137	146	156	166	176
26	194	107	116	126	136	146	155	165	175
27	193	106	116	125	135	145	154	164	174
28	192	106	115	125	134	144	154	163	173



GEORGES PIERRE

RUSHFIT

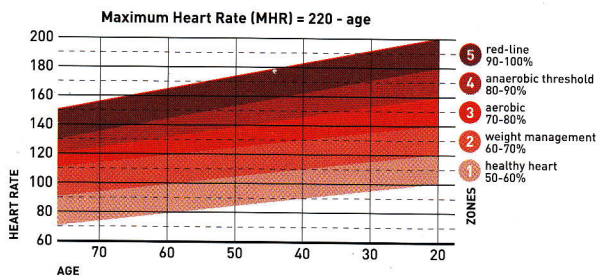
Age (years)	Max Predicted Heart Rate (220 - age)	Predicted Heart Rate at different work intensities							
		55%	60%	65%	70%	75%	80%	85%	90%
29	191	105	115	124	134	143	153	162	172
30	190	105	114	124	133	143	152	162	171
31	189	104	113	123	132	142	151	161	170
32	188	103	113	122	132	141	150	160	169
33	187	103	112	122	131	140	150	159	168
34	186	102	112	121	130	140	149	158	167
35	185	102	111	120	130	139	148	157	167
36	184	101	110	120	129	138	147	156	166
37	183	101	110	119	12	137	146	156	165
38	182	100	109	118	127	137	146	155	164
39	181	100	109	118	127	136	145	154	163
40	180	99	108	117	136	135	144	153	162
41	179	98	107	116	125	134	143	152	161
42	178	98	107	116	125	134	142	151	160
43	177	97	106	115	134	133	142	150	159
44	176	97	106	114	123	132	141	150	158
45	175	96	105	114	123	131	140	149	158
46	174	96	104	113	122	131	139	148	157
47	173	95	104	112	121	130	138	147	156
48	172	95	103	112	120	129	138	146	155
49	171	94	103	111	120	128	137	145	154
50	170	94	102	111	119	127	136	145	153
51	169	93	101	110	118	127	135	144	152
52	168	92	101	109	118	126	134	143	151
53	167	92	100	109	117	125	134	142	150
54	166	91	100	108	116	125	133	141	149

Age
(years)

Max
Predicted
Heart Rate

Predicted Heart Rate at different work intensities

	(220 - age)	55%	60%	65%	70%	75%	80%	85%	90%
55	165	91	99	107	116	124	132	140	149
56	164	90	98	107	115	123	131	139	148
57	163	90	98	106	114	122	130	139	147
58	162	89	97	105	113	122	130	138	146
59	161	89	97	105	113	121	129	137	145
60	160	88	96	104	112	120	128	136	144
61	159	87	95	103	111	119	127	135	143
62	158	87	95	103	111	119	126	134	142
63	157	86	94	102	110	118	126	133	141
64	156	86	94	101	109	117	125	133	140
65	155	85	93	101	109	116	124	132	140
66	154	85	92	100	108	116	123	131	139
67	153	84	92	99	107	115	122	130	138
68	152	84	91	99	106	114	122	129	137
69	151	83	91	98	106	113	121	128	136
70	150	83	90	98	105	113	120	128	135





GEORGES ST-PIERRE

RUSHFIT

EQUIPMENT

The equipment required to complete the workouts and program are minimal but necessary. Always exercise in an open space without risk of injury by hitting anything such as a table, television, chair, workout partner, etc. If indoors, try to pick a ventilated room or open a window to increase fresh air and oxygen.

Then make sure you have the following:

CLOTHING

Does not need to be expensive, but preferably made from a comfortable and breathable fabric to wick away moisture and control body temperature. Avoid 100% cotton as it does not allow your body to breathe.

WEIGHTS

You will need a small assortment of dumbbells or hand held weights. You can pick one set of weights that works for you or experiment with two or three pairs. Regardless of ability level, most people will not require more than 25lb weights. It's not how much weight you lift! The secret to the results comes from endurance and the strength built up by pushing your body through maximum reps – not maximum weight!

GYM TOWEL

You will sweat, so be prepared to wipe away the hard work.

WATER BOTTLE

Stay hydrated through the workout, and save time and trips to the kitchen or water fountain.



NO PLAN, NO PURPOSE, NO POINT

Here are 5 key factors to consider before you begin the 8 week program:

1. SCHEDULE YOUR WORKOUTS

Make them a priority and stick with a time. Put them in your calendar, computer, daily planner, on the front of your refrigerator, or wherever else you keep your schedule. A regular routine is the easiest way to help yourself stick with it.

2. TOUGH WORKOUT DAYS

High intensity training is tough from beginning to end. This will push your limits. PUSH BACK. You won't always feel like training, or some reps will be tough and some will make you curse. The only way to win is to finish, complete the workout as best as you can and usually within the next session, you'll see improved performance.

If you need a little inspiration, watch GSP's intensity level as he works out; he trains hard every day and it shows.

3. EAT RIGHT

It's the difference between average gains and ultimate peak condition. The nutrition program is set up with easy to follow general guidelines.

4. FINISH THE PROGRAM

Your goal is 45 minutes of intense workouts, several days a week, for 8 weeks. Results are obvious, from quick weight loss to almost immediate



GEORGES ST-PIERRE

RUSHFIT

strength gains and, in 3-4 weeks, for lean muscle growth. Trust the program. Have faith in yourself.

5. SLEEP AND ACTIVE REST

Recovery and relaxation are necessary to avoid overtraining. Minimum sleep should be 7-8 hours a night. Light activity and stretching are great ways to prevent injuries and soothe tight muscles – easy relief with minimal effort.

**“IF YOU WANT TO BE A CHAMPION
YOU NEED TO TRAIN LIKE ONE.”**

— GEORGES ST-PIERRE

